

HUMANITARIAN DAILY RATIONS (HDR)

- The HDR was developed in 1993 by the Department of Defense Humanitarian Assistance Team to provide a low cost, easily delivered, daily ration for use in foreign countries to alleviate hunger after man-made or natural disasters and, to replace use of more expensive US military meals-ready-to-eat (MRE) rations in disaster situations. It was designed to provide a full days' sustenance to a moderately malnourished individual.
- Since then, approximately 16 million HDR have been delivered to over 22 countries experiencing adverse effects from war, famine, floods, or earthquakes (for example, Afghanistan, Albania, Bangladesh, Bosnia, Cambodia, Costa Rica, Cuba, East Timor, Fiji, Haiti, Honduras, Iraq, Kosova, Macedonia, Nicaragua, Rwanda, Somalia, Sudan, Poland, and Uganda.
- The HDR is less costly than the meals-ready-to-eat (MRE) ration (sometimes referred to as the 'C' ration) that U.S. field forces eat and was used previously for disaster relief.
 - An HDR costs about \$4.30 for an entire day; an MRE costs about \$24.00 for 3 meals – a savings of \$20.00 per day (or over 80 percent) to the taxpayers.
- The HDR's nutritional content is tailored for people who are near starvation or fleeing from catastrophe and need to eat enroute to a safe haven. It is culturally sensitive and contains no animal products. Neither alcohol nor alcohol-based products are included.
 - It has 2,300 calories, weighs 30 ounces, fortified with vitamins and is adequate for the widest range of cultural or religious dietary restrictions (10-13% protein, 27-30% fat, not less than 60% carbohydrates)
 - HDR will maintain the health of moderately malnourished recipients until conventional relief programs or targeted feeding can be established.
- Each ration consists of two main vegetarian meals based on lentils, rice with beans and peas in tomato sauce, and other items like bread, a fruit pastry, a fortified biscuit, peanut butter and spices. See menus at attachment.
- The HDR can be airdropped to permit wide dispersal to avoid hoarding and fighting over larger pallet-sized loads, and to avoid danger to people on the ground posed by air delivered pallets. They 'flutter' down without parachutes.
- HDRs are stored in the United States, Germany and Kuwait and delivered, as needed, by aircraft or ship to locations in need and are pre-positioned in a region in anticipation of an emergency or natural disaster.
- The color was changed from yellow to 'apricot' during the conflict in Afghanistan due to concerns that locals would confuse some types of cluster bombs with the ration.

HUMANITARIAN DAILY RATION (HDR) MENU CONTENTS

(5 menus with three variations within each menu)

MENU 1

Bean Salad, Barley Stew, Beans & Rice in Tomato Sauce
Brown & Wild Rice w/Lentils, Lentil Stew, Herb Rice,
Crackers, Vegetable Biscuits, Peanut Butter,
Jam, Raisins, Fruit Bar, Flat Bread, Shortbread, Cookies
Fruit Pastry, Accessory Pack *

MENU 2

Bean Salad, Barley Stew, Red Beans & Rice
Rice w/Beans, Peas in Tomato Sauce, Yellow Rice
Crackers, Vegetable Biscuits, Peanut Butter, Jam, Vegetable Crackers
Raisins, Fruit Bar, Flat Bread, Shortbread Cookies,
Fruit Pastry, Shortbread, Accessory Pack *

MENU 3

Bean Salad, Barley Stew, Lentil Stew
Lentils & Vegetables, Rice & Vegetables in Sauce Herb Rice
Crackers, Vegetable Biscuits, Biscuit,
Peanut Butter, Jam, Vegetable Crackers, Raisins, Fruit Bar,
Flat Bread, Shortbread Cookie, Apple Fruit Bar, Fruit Pastry, Accessory Pack *

MENU 4

Beans w/Potatoes, Rice & Vegetables, Pasta in Tomato Sauce
Brown & Wild Rice w/Lentils, Peas in Tomato Sauce Yellow Rice
Flat Bread, Vegetable Biscuits, Crackers, Vegetable Crackers
Peanut Butter, Strawberry Jam, Raisins, Fruit Bar, Fruit Pastry
Shortbread, Cookies, Accessory Pack *

MENU 5

Lentils & Vegetables, Lentil Stew,
Beans w/Potatoes, Peas in Tomato Sauce, Red Beans & Rice
Crackers, Vegetable Biscuits, Peanut Butter, Jam, Vegetable Crackers,
Raisins, Fruit Bar Flat Bread, Shortbread, Cookies, Apple Fruit Bar
Accessory Pack *

Accessory Pack Contents: Red Pepper, Pepper, Salt, Sugar, Spoon, Matches (unprinted)
& Towelette (alcohol-free), Napkin.